



# MASTERING WORK/LIFE BALANCE

## *Twitter Poll Response*

### IMPORTANCE OF BALANCE

The lines between the exclusive work/life balance have become more blurred as many of us have started working from home. That doesn't mean that you can't master a healthy work/life balance. You need to create strict boundaries, set achievable goals in both your personal and professional life and try to set up daily routines to help you stay on track. This way you can ditch the guilt and stay present in everything you do!

### TIPS FOR A BETTER WORK/LIFE BALANCE



- 1** Separate your professional and personal mobile devices.
- 2** Create routines to start and end your work day.
- 3** Keep your daily assignments prioritized and do not overcommit.
- 4** Learn to unplug and enjoy your weekends and vacations